

2018 RPS

Maine state powerlifting Championships

Hosted by

OA Performance Center

15 Lund Rd Saco, ME 04076

August 4th, 2018

EVENTS: SQUAT ONLY, FULL –POWER ,BENCH ONLY, DEADLIFT ONLY OR PUSH-PULL

LOCATION: OA Performance Center

15 Lund Rd Saco, ME 04076

DIRECTOR: JAMES MATTA and MEGHAN MATTA (CAPEJAM@HOTMAIL.COM)

ENTRIES: PER DIVISION PER LIFTER \$95 CROSS-OVER \$35

ENTRY DEADLINE: July 20th (65 LIFTER LIMIT)

FIRST COME FIRST SERVE \$25 LATE FEE AFTER DEADLINE!

WEIGH-INS FRIDAY FROM 9AM-11AM OR 4PM-6PM AT OA Performance Center

SATURDAY MORNING WEIGH-INS 7AM-8:00AM AT OA Performance Center

RULES AT 8AM! LIFTING STARTS AT 9AM!

DIVISIONS: RAW CLASSIC (NO WRAPS) RAW MODERN(WRAPS) SINGLE PLY, MULTI PLY

CLASSES: AM(RANDOM DRUG TEST) PRO (NON TESTED)

ELITE OPEN, POLICE/FIRE PRO AND AM, ARMED FORCES

AGE DIVISIONS: OPEN , TEEN (14-15,16-17,18-19)(JUN 20-23),SUBMASTER(33-39)

MASTER(PER 5 YRS)POLICE/FIRE, ARMED FORCES: MASTER 50+

WEIGHT CLASSES: (MEN) : 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

WEIGHT CLASSES: (WOMEN) : 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW

RULES: ALL LIFTERS MUST BE PRESENT FOR THE RULES CLINIC! ALL REVOLUTION POWERLIFTING SYNDICATE (RPS) RULES APPLY. EQUIPMENT MUST BE WITHIN (RPS) SPECIFICATIONS. FOR QUESTIONS ON RULES PLEASE FEEL FREE TO VISIT THE WEBSITE (www.revolutionpowerlifting.com)

ONE -PIECE LIFTING SUIT MUST BE WORN!

IMPORTANT:

SPECTATOR /COACHES FEES \$10 AT THE DOOR Kids 12 and under free

ENTRY FEE \$95 PER LIFTER \$35 FOR CROSS-OVERS INCLUDES MEET, T-SHIRT

T-SHIRT SIZE _____ S, M, L, XL, XXL, XXXL, XXXXL

EVENTS: FULL POWER ___ SQUAT ONLY ___ PUSH-PULL ___ BENCH ONLY ___

DEADLIFT ONLY ___

GEAR DIVISIONS: MULTIPLY ___ SINGLE PLY ___ RAW CLASSIC ___ RAW MODERN ___

CLASSES AM (RANDOM TESTED) ___ PRO (NON TESTED) ___

ELITE OPEN (MANDATORY \$100 FEE FOR DRUG TESTING) ___

POLICE/FIRE AM ___ / POLICE/FIRE PRO ___ / ARMED FORCES AM ___ / ARMED FORCES PRO ___

AGE DIVISIONS: OPEN ___ / SUB MASTER (33-39) ___ TEEN ___ MASTER (40+) ___ JUN (20-23) ___

WEIGHT CLASS _____ SEX: M OR F _____

NAME _____ AGE ___ BIRTH DATE _____

ADDRESS _____ CITY _____ ZIP _____

STATE ___ PHONE _____ EMAIL _____

PAYMENT CHOICE: \$95 or \$35 cross over

CASH, CHECK, MONEY ORDER AMOUNT PAID _____

ALL PAYMENTS CAN BE MADE OUT TO FAIR HAVEN FITNESS.

THEY CAN BE SENT TO **FAIR HAVEN FITNESS , 8 MAIN ST. FAIR HAVEN, VT 05743**

FOR QUESTIONS CONTACT JAMIE AT (802) 265-3470 OR capejam@hotmail.com

PAYMENTS DUE BY **July 20th** \$25 LATE FEE FOR ANY PAYMENTS AFTER THIS DATE!

NOTE! PLEASE SEND ALL OPENERS IN BY EMAIL BY July 30th 2018